

健康檢查及優化計劃

妥善照顧每一位員工

 **ReHabAid Centre**
復康專科及資源中心



正確做運動

健康是提高生產力的必要元素

傑出的員工是每個機構中最寶貴的資產；擁有健康的體魄，正是員工持續表現出色的先決條件。

- 身心健康的員工更能集中精力工作，更平易近人，更有創意
- 體格良好的員工不易生病，較少機會因突然請假打亂工作進度
- 貼心的健康優化計劃表現到機構對每一位員工的關懷，增進士氣和歸屬感
- 建立重視健康生活的機構文化，為員工提供全方位的支持，協助他們發揮所長



骨質密度評估

為何要參加我們的健康檢查及優化計劃？

我們的專業醫療團隊提供全面的個別健康檢查，亦可以小組形式舉行保健工作坊。

- 資深職業治療師和物理治療師運用一系列先進的檢查設備，為個別員工進行詳細健康評估及諮詢

- 保健講座介紹各種保健資訊，讓員工更清楚了解自己的身體狀況，並學到各種促進健康的方法
- 度身訂造的訓練計劃讓員工學習使用正確的姿勢，避免重複性勞損

擁有真正健康的體魄，才有充滿活力的員工

現今社會生活節奏急促，很多人都不知不覺中陷入了亞健康的狀態，影響表現。我們的服務協助員工提升身心健康，從而讓他們更積極投入生活中不同層面，盡展潛能。

參加我們的健康檢查及優化計劃：

- 預防病痛
 - 改善舊患
 - 促進健康
- 包括減重、塑形、肌肉鍛鍊等

健康檢查可包括以下項目：

- 骨質疏鬆檢測
- 血壓檢測
- 血管健康檢查
- 血糖測試
- 心電圖檢查
- 身高體重指數 (BMI)
- 身體脂肪及水份比例檢測
- 身體靜態及動態平衡能力
- 震動平衡測試等

我們樂意按照個別機構需求擬定服務計劃，請聯絡我們，索取更多有關健康檢查及優化計劃的資料。服務根據舉辦節數或參與人數收費。

服務申請及查詢

復康專科及資源中心

- 📍 九龍紅磡香港理工大學育才道S座地下
- ☎ 電話 2364 2345 📠 傳真 2764 5038

扶輪兒童復康專科及資源中心

- 📍 香港薄扶林沙灣徑七號地下
- ☎ 電話 2817 5196 📠 傳真 2819 8041

✉ admin@rehabaidsociety.org.hk

🌐 www.rehabaid.org


復康專科及資源協會

服務社區超過35年

Health Check and Wellness Enhancement Scheme

Better care for your people

 **ReHabAid Centre**
復康專科及資源中心

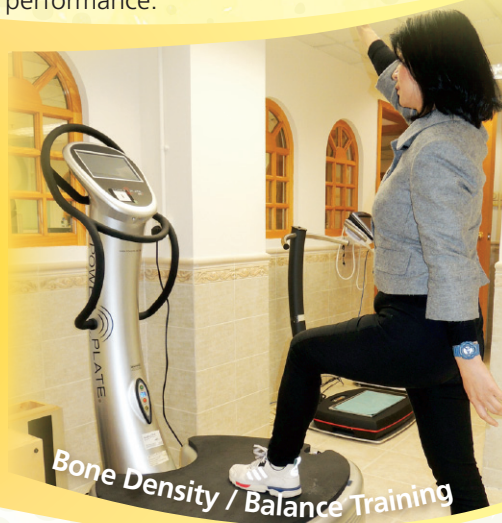


Body Fat Ratio & Basal Metabolic Rate Assessment

Your people are important, so is their health

People are the most valuable asset of an organization. To ensure sustainable productivity, it is essential that employees stay in good health and attain overall wellness.

- Employees with all-round wellness focus better on the job at hand, are more personable and creative.
- Healthy employees are less likely to take sudden leave that causes disruption to the workflow.
- Enhancement program for health and wellness shows that the organization cares for its employees, boosting staff morale.
- An organization culture promoting healthy lifestyles can provide a positive working environment for employees, improving work performance.



Bone Density / Balance Training

Why our Health Check and Wellness Enhancement Scheme?

Our team of healthcare professionals offers comprehensive health assessments for individual employees, as well as educational workshops in a group setting.

- Experienced occupational therapists and physiotherapists make use of advanced health check equipment to give detailed analysis and personal consultations.

- Our health education program provides information for employees to better understand their health conditions and learn ways to enhance wellness.
- Customized training workshops help employees to achieve proper posture and prevent repetitive strain injury.

True health for motivated employees

Many people unknowingly live in a state of sub-health that deters them from reaching their full potential. Our service can help employees to improve their health and well-being. They will become more motivated and in turn contribute more to the organization.

Join our scheme to achieve:




- **Potential disease prevention**
- **Management and minimization of recurrent health conditions**
- **Fitness promotion**
Including weight control, body shaping, muscle toning, and more

Health assessments may include:

- **Bone density**
- **Blood pressure**
- **Blood vessel health**
- **Blood glucose**
- **Electrocardiography**
- **Body Mass Index (BMI)**
- **Body Fat Ratio & Basal Metabolic Rate**
- **Dynamic & static balance**
- **Functional balance, etc.**



We will be happy to offer customized service package upon further discussion. Service fee is charged by session or by the number of participating individuals. Please contact us for more information on the Health Check and Wellness Enhancement Scheme.

Rehabaid Centre

 G/F., Core S, Yuk Choi Road, The HK Polytechnic University, Hunghom, Kowloon
 Tel 2364 2345  Fax 2764 5038

Rotary Rehabaid Centre for Children

 G/F., 7 Sha Wan Drive, Pokfulam, Hong Kong
 Tel 2817 5196  Fax 2819 8041

 admin@rehabaidsociety.org.hk
 www.rehabaid.org


復康專科及資源協會

Serving the community for over 35 years